

**KARAKTERISTIK COOKIES DARI BERBAGAI VARIETAS
BERAS (*Oryza sativa*) DI SUMATERA BARAT**

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Karakteristik *Cookies* dari Berbagai Varietas Beras (*Oryza sativa*) di Sumatera Barat

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ABSTRAK

Penelitian ini dilakukan di Laboratorium yang ada di lingkungan Fakultas Teknologi Pertanian Unand dari bulan Agustus sampai September 2018. Tujuan penelitian ini adalah mengetahui karakteristik *cookies* dari berbagai varietas beras yang ada di Sumatera Barat. Metode penelitian yang digunakan adalah eksploratif terdiri dari 5 bahan tepung yang digunakan dalam pembuatan *cookies* dengan masing-masing 3 kali ulangan. Tepung yang digunakan dalam penelitian ini adalah A(tepung terigu), B(tepung beras Cisokan), C(tepung beras IR-42), D(tepung beras merah), E(tepung beras hitam). Hasil penelitian menunjukkan produk *cookies* berbahan baku tepung beras IR-42 yang paling disukai secara organoleptik dan karakteristik yang paling mendekati *cookies* berbahan baku tepung terigu, dengan karakteristik kadar air 3,90%, kadar protein 6,88%, kadar lemak 12,31%, kadar karbohidrat 74,78%, kadar serat kasar 1,10%, kadar abu 1,34%, kadar zat besi 127,7 mg/100g bahan, aktivitas antioksidan 12,07%, kadar asam lemak bebas 0,81%, dan angka lempeng total $9,33 \times 10^3$.

Kata kunci: *cookies*, beras, tepung

Characteristics of Cookies from Various Rice Varieties (*Oryza sativa*) in West Sumatra

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ABSTRACT

This research was conducted at the Laboratory in the Faculty of Agriculture Technology Unand from August to September 2018. The purpose of this study was to determine the characteristics of cookies from various rice varieties in West Sumatra. The research method used is exploratory consisting of 5 flour ingredients used in making cookies with each of 3 replications. The flour used in this study was A (flour), B (Cisokan rice flour), C (IR-42 rice flour), D (red rice flour), E (black rice flour). The results showed that cookies made from IR-42 rice flour were the most preferred organoleptically and the characteristics closest to cookies were made from wheat flour, with characteristics of water content of 3.90%, protein content 6.88%, fat content 12.31% , carbohydrate content 74.78%, crude fiber content 1.10%, ash content 1.34%, iron content 127.7 mg / 100g ingredients, antioxidant activity 12.07%, free fatty acid content 0.81%, and the total plate number is 9.33×10^3

Keywoard : cookies, rice, flour

